



FFIT News

Flambeau Fitness Incentive Team

Walk the Reclaimed Flambeau Mine Nature Trails!



Obesity

The most important part of being a normal weight isn't looking a certain way— it's feeling good and staying healthy. Having too much body fat can be harmful to the body in many ways. Obesity is bad news for both body and mind. Not only does it make a person feel tired and uncomfortable, it can wear down joints and put extra stress on other parts of the body. Obesity is also associated with breathing problems such as asthma, sleep apnea and problems with hips and knee

joints that may require surgery. There can be more serious consequences as well. Problems such as hypertension, high cholesterol, liver disease, type 2 diabetes, heart disease and an even greater risk of certain cancers. The best way to avoid these health problems is to maintain a healthy weight. And the keys to a healthy weight are regular exercise and good eating habits. To stay active, try to exercise 30 to 60 minutes every day. Before you start trying to

lose weight, talk to a doctor or a registered dietitian. With their help you can come up with a safe plan, based on eating well and exercising.

Your commitment to a "healthier you" can also mean a healthier America.



2006 Bird Watch

Please join us for the FREE 2006 Bird Watch.

The watch is Wednesday, July 5th at the Reclaimed Flambeau Mine Site. Program will begin at 5pm at the Ladysmith DNR Service Center, just south of Ladysmith. A light supper will be served at 5:30 p.m., with Presentations beginning at 6:15 p.m. and the nature hike at 7:15 p.m.

Presenters for this event include:

Chris Cold— WDNR

Storme Nelson— Hunt Hill Nature Center

Don Bartig— Bluebird Society of Wisconsin

Jana Murphy— Flambeau Mining Company

Live Raptors

Space is limited!

Register early by calling 532-3911 or 532-4373

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Pumpkin Oatmeal Cookies *No Trans or Saturated Fat!*

Servings: 48

1 cup flour, all purpose
1 cup whole wheat flour
1 1/3 cups oats, rolled (raw)
1 teaspoon baking soda
3/4 teaspoon salt
1 teaspoon cinnamon
1/2 teaspoon nutmeg
1 2/3 cups sugar
2/3 cu canola oil
2 tablespoons molasses
1 cup pumpkin, canned
1 teaspoon vanilla
1 tablespoon flax seeds, ground
1 cup walnuts, finely chopped
1/2 cup raisins

Preheat oven to 350 F. Use parchment paper lined pans which is the easiest. Or "grease" sheets if you don't have parchment paper.

Mix together flour, oats, baking soda and spices.

In a separate bowl, mix together sugar, oil, molasses, pumpkin and vanilla (and flax seeds if using) until very well combined. Add dry ingredients to wet in 3 batches, folding to combine. Fold in walnuts and raisins.

Drop by tablespoons onto parchment lined sheets. They don't spread very much so they can be placed only an inch apart. Flatten the tops of the cookies with a fork or with your fingers to press into cookie shape. Bake for 16-25 minutes.

Remove from oven and slide parchment paper with cookies onto wire rack. Let cool a bit before carefully removing cookies from parchment and placing on rack to cool completely. If not using parchment paper, let cookies cool a bit before removing to the wire rack